PANEER CURRY
WITH COCONUT MILK, GREEN BEANS, AND RICE

1. In a small pot, combine the **rice**, ½ tsp. **sea salt**, and 1 ½ cups water. Bring to a boil, reduce to a simmer, cover and cook for 12-15 minutes or until the rice is cooked and the moisture is absorbed.

2. Meanwhile, peel the **onion**, cut it in half, then dice it. Wash the **green beans**, snap the ends off, and then cut into 1-inch long pieces. Peel the **carrot** and cut them into 1-inch sticks. Wash the **bok choy**, then cut into bite-sized pieces. Next, cut the **paneer** into cubes, about ½-inch in size. Slice the **lime** into wedges. Drain and rinse the **chickpeas**.

3. In a pan, heat the **canola oil** over medium heat. Add the **onion** and sauté 2-3 minutes. Add the **curry paste**, and brown, 1-2 minutes. Deglaze with the **vegetable broth**.

4. Add the **carrots** and **green beans**, and cook for 2-3 minutes. Next, add the **bok choy**, half the **chickpeas**, **paneer**, and half the can **coconut milk**. Bring to a simmer and cook for a further 3-4 minutes.

5. Season to taste with sea salt and **black pepper**.

6. To serve, portion the rice into bowls or onto a deep-dish plate, add the paneer curry, and top with a squeeze of fresh lime and a few sprigs of **cilantro**. Enjoy!

Ingredients (2 Person Serving – *963 Calories Per Serving*)

Canola Oil	1 Tbsp.	Coconut Milk	1 400 ml
Yellow Onion	1 Small	Vegetable Broth	½ Cup
Mild Curry Paste	3 Tbsp.	Basmati Rice	¾ Cup
Green Beans	125 g	Lime	1
Carrot	1 Large	Cilantro	Few Sprigs
Baby Bok Choy	2	Salt and Pepper	To Taste
Paneer	350 g		
Chickpeas	1 398 ml Can		

35 Minute Cook Time!